

# ★ Star-K List of Popular Cereals and their Brachos

Last Updated: June 2009

CEREAL NAME	STATUS	BROCHA	BROCHA ACHRONA
<b>General Mills (when bearing OU)</b>			
Basic 4	Dairy	Mezonos	Al Hamichya
Cheerios (Original, Apple Cinnamon, Frosted, Honey Nut, Multigrain)	Pareve	Mezonos	Al Hamichya
Cheerios – Banana Nut	Pareve	Shehakol	Borai Nefashos
Cheerios – Fruity	Pareve	Shehakol	Borai Nefashos
Cinnamon Toast Crunch, All	Dairy	Mezonos	Al Hamichya
Cocoa Puffs	Pareve	Shehakol	Borai Nefashos
Cookie Crisp	Pareve	Shehakol	Borai Nefashos
Corn Chex	Pareve	Hoadama	Borai Nefashos
Country Corn Flakes	Dairy	Shehakol	Borai Nefashos
French Toast Crunch	Dairy	Mezonos	Al Hamichya
Frosted Chex	Pareve	Mezonos	Borai Nefashos
Golden Grahams	Dairy	Mezonos	Al Hamichya
Honey Nut Chex Cereal	Pareve	Mezonos	Borai Nefashos
Honey Nut Clusters	This cereal is currently being researched		
Kix - (Original, Berry Berry)	Pareve	Shehakol	Borai Nefashos
MultiBran Chex	Pareve	Shehakol	Borai Nefashos
Oatmeal Crisp, All	Dairy	Mezonos	Al Hamichya
Raisin Nut Bran	Dairy	Mezonos	Al Hamichya
Reese's Puffs	Pareve	Shehakol	Borai Nefashos
Rice Chex	Pareve	Mezonos	Borai Nefashos
Total	Dairy	Mezonos	Al Hamichya
Total Raisin Bran	Dairy	Mezonos	Al Hamichya
Trix	Pareve	Shehakol	Borai Nefashos
Wheat Chex	Pareve	Mezonos	Al Hamichya
Wheaties	Dairy	Mezonos	Al Hamichya

<b>Kashi (when bearing OU)</b>			
7 Whole Grain Puffs	Pareve	Hoadama	Borai Nefashos
Go Lean	Pareve	Hoadama	Borai Nefashos
Go Lean Crunch	Pareve	Mezonos	Al Hamichya
Good Friends	Pareve	Hoadama	Borai Nefashos
Heart to Heart Honey Toasted Oat Cereal	Pareve	Mezonos	Al Hamichya
Mighty Bites (Cinnamon, Honey Crunch)	Pareve	Mezonos	Al Hamichya

<b>Kellogg's (when bearing K)</b>			
All Bran - Bran Buds	Pareve	Shehakol	Borai Nefashos
All Bran - Original	Pareve	Shehakol	Borai Nefashos
Apple Jacks	Pareve	Mezonos	Al Hamichya
Cocoa Krispies	Pareve	Mezonos	Borai Nefashos
Complete All Bran Oat Bran Flakes	Pareve	Mezonos	Al Hamichya
Complete All Bran Wheat Bran Flakes	Pareve	Mezonos	Al Hamichya
Corn Flakes	Pareve	Hoadama	Borai Nefashos
Corn Pops (U.S.)	Pareve	Hoadama	Borai Nefashos
Cracklin' Oat Bran	Dairy	Mezonos	Al Hamichya
Crispix - All	Pareve	Mezonos and Hoadama*	Borai Nefashos*
Froot Loops	Pareve	Mezonos	Al Hamichya
Frosted Flakes	Pareve	Hoadama	Borai Nefashos
Honey Smacks	Pareve	Mezonos or Hoadama**	Borai Nefashos**
Just Right	Pareve	Mezonos	Al Hamichya
Lowfat Granola with/without Raisins	Dairy	Mezonos or Hoadama**	Borai Nefashos**
Mini Swirlz - Cinnamon Bun	Dairy	Mezonos	Al Hamichya
Mueslix	Pareve	Mezonos	Al Hamichya
Product 19	Pareve	Mezonos	Al Hamichya
Raisin Bran	Pareve	Mezonos	Al Hamichya
Raisin Bran Crunch	Pareve	Mezonos	Al Hamichya
Rice Krispies	Pareve	Mezonos	Borai Nefashos
Smart Start	Pareve	Mezonos	Al Hamichya
Special K (Original)	Dairy	Mezonos	Al Hamichya
Toasted Honey Crunch	Dairy	Mezonos	Al Hamichya
Tony's Cinnamon Krunchers	Pareve	Mezonos	Borai Nefashos

CEREAL NAME	STATUS	BROCHA	BROCHA ACHRONA
<b>Kemach (when bearing the symbol of Rabbi N.N. Horowitz and OK)</b>			
Bran Flakes	Pareve	Mezonos	Al Hamichya
Bunch 'O Krunch	Pareve	Shehakol	Borai Nefashos
Choco Chippers	Pareve	Shehakol	Borai Nefashos
Cocoa Munchees	Pareve	Shehakol	Borai Nefashos
Corn Flakes	Pareve	Shehakol	Borai Nefashos
Crisp Rice	Pareve	Mezonos	Borai Nefashos
Fruit Whirls	Pareve	Mezonos	Al Hamichya
Honey Nut Toasted Oats	Pareve	Mezonos	Al Hamichya
Raisin Bran	Pareve	Mezonos	Al Hamichya
Sugar Frosted Flakes	Pareve	Shehakol	Borai Nefashos
Sugar Puffed Wheat	Pareve	Hoadama	Borai Nefashos
Toasted Oats	Pareve	Mezonos	Al Hamichya
Whole Wheat Flakes	Pareve	Mezonos	Al Hamichya

<b>Malt-O-Meal (when bearing K)</b>			
Apple Zings	Pareve	Mezonos	Al Hamichya
Blueberry Muffin Tops	Dairy	Mezonos	Al Hamichya
Crispy Rice	Pareve	Mezonos	Borai Nefashos
Dyno-Bites (Cocoa, Fruity)	Pareve	Mezonos	Borai Nefashos
Puffed Rice	Pareve	Mezonos	Borai Nefashos
Raisin Bran	Pareve	Mezonos	Al Hamichya
Scooters	Pareve	Mezonos	Al Hamichya
Toasty O's (All)	Pareve	Mezonos	Al Hamichya
Tootie Fruities	Pareve	Mezonos	Al Hamichya

<b>Post (when bearing OK)</b>			
Alpha Bits	Dairy Equipment	Mezonos	Al Hamichya
Banana Nut Crunch	Dairy	Mezonos	Al Hamichya
Bran Flakes	Pareve	Mezonos	Al Hamichya
Cocoa Pebbles	Pareve	Mezonos	Borai Nefashos
Cranberry Almond Crunch	Dairy	Mezonos	Al Hamichya
Fruit and Bran	Dairy	Mezonos	Al Hamichya
Fruity Pebbles	Pareve	Mezonos	Borai Nefashos
Golden Crisp	Dairy Equipment	Mezonos or Hoadama**	Borai Nefashos**
Grape Nuts	Pareve	Mezonos	Al Hamichya
Honey Bunches of Oats (Almond, Banana, Honey Roasted, Peach)	Dairy	Mezonos	Al Hamichya
Honeycomb	Dairy Equipment	Shehakol	Borai Nefashos
Raisin Bran	Pareve	Mezonos	Al Hamichya
Shredded Wheat, (Original, Spoon Size)	Pareve	Mezonos	Al Hamichya
Toasties Corn Flakes	Pareve	Hoadama	Borai Nefashos

<b>Quaker (when bearing OU)</b>			
Cap 'N Crunch	Dairy	Shehakol	Borai Nefashos
Cap 'N Crunch - Crunch Berries	Dairy	Shehakol	Borai Nefashos
Cap 'N Crunch - Peanut Butter	Pareve	Shehakol	Borai Nefashos
Cinnamon Life	Pareve	Mezonos	Al Hamichya
Crisp Rice	Pareve	Mezonos	Borai Nefashos
Crunchy Corn Bran	Dairy Equipment	Shehakol	Borai Nefashos
Life (Original)	Pareve	Mezonos	Al Hamichya
Oatmeal Squares	Dairy	Mezonos	Al Hamichya
Puffed Rice	Pareve	Mezonos	Borai Nefashos

\*Recite Mezonos and eat the darker side (rice) first. Then recite Hoadama and then eat the lighter side (corn).

\*\*As indicated in Igros Moshe OC 4:45 one may recite either a Mezonos or a Hoadama. See Kashrus Kurrents article *Brochos for Breakfast* in our Fall 2006 issue for a full explanation.

**NOTE:** Check packaging for kosher symbols. For the halachos of brochos recited on breakfast cereals, it is recommended that one reads the accompanying "Brochos for Breakfast" article. Due to possible future changes in formulations, this list should only be used through 2007. Check with Star-K for future updates. Also note, some cereals with Kosher certification were omitted from this list, as we were unable to obtain enough information to determine the correct Brocha.